



# AAIDD Delegation to Zambia/South Africa

September 23 to October 5, 2018

# Logistics



- AAIDD's travel partner is **Colibri Boston**.
- Please send AAIDD your flight info ASAP; Travelers that do not deliver their itinerary by **August 15<sup>th</sup>** are responsible for arranging their own transportation.
- Last reminder to share food allergies or issues.
- If you need extra hotel nights (at your own expense) or earlier/later airport transport, please call or email Colibri at 617-301-1237/ [info@colibriboston.org](mailto:info@colibriboston.org)
- Lodge check in is guaranteed from 2 pm. Please inform us if you need early check-in.
- Tipping - 10% , all group meals already include tips
- Free WIFI in hotels and in some public spaces. Wi-Fi in both countries may be slower and spotty compared to the United States.
- Luggage space in hotel/airport transport vehicles and in hotel rooms is limited. Please travel light.
- **Laundry service** will be available in Cape Town at no cost.

# Visas & Transit Information

The AAIDD delegations are *study tours*, therefore, the purpose of your travel is “tourism,” not “business.” Keep the addresses of the hotels handy for noting on your airport entry documents.

## Zambia

- US/Canadian citizens can pay their Zambian visa fee at the airport as one goes through passport control. **The \$50 fee must be paid in cash in US dollars.** Have \$50 in cash (exact amount) ready to hand to the official.

## Botswana

- No visa is required for US/Canada citizens; passport is required for entry and exit.

## South Africa

- No visa is required for US/Canada citizens; passport is required for entry and exit.

# How should I dress for the trip?

## Weather

Zambia: End of September is a dry season in Zambia with average daytime temperature **85 F/30 C**.

Cape Town: October is the end of Winter season in Cape Town with average daytime temperatures **63F/16C**. It can get down to 50 at night.

## Meetings Dress Code

- We will be visiting universities, public schools, and provider organizations with dress codes that mirror those found in the US, that is “**business casual**.”
- As we will be walking distances on uneven ground and up and down hills and climbing stairs, **comfortable shoes** are strongly recommended.
- Clothing that can be layered for cooler nights is a good idea, as well as a sun hat.
- **Women only-please bring a sarong, chitenga, or similar fabric panel to tie over clothing for village visit.**

## What to Wear for Safari:

- Light fabric clothes, preferably pants, hat, and comfortable shoes. DO NOT bring/wear “camouflage” clothing.

# Travel Tips

- **Before** you leave the country
  - Arrange with your **cell phone provider** for international calling/data for Zambia/South Africa or be prepared to purchase SIM card.
  - Alert your **bank** (if you will use ATM) and **credit card issuers** (if you will shop) about your dates/location of travel. We will travel to *Zambia, Botswana, & South Africa*.
- Bring a **power converter**
  - Outlets in Zambia and South Africa supply electricity at 240V, both countries use round prongs
  - One free checked bag on flight between countries up to 50 pounds. Travelers are responsible for extra costs associated with larger luggage.
- **Limit the number of IT devices** you bring.
- More useful tips will be posted on Colibri Boston blog [colibriboston.wordpress.com](http://colibriboston.wordpress.com) or on [www.colibriboston.org](http://www.colibriboston.org)



## Money Exchange

**Zambia** – Zambian kwacha (ZMW) 1 USD = 10 ZMW

**South Africa** – Rand 1 USD = 13 Rand

Please do not exchange money at the airport in Zambia as there will be driver waiting for you. In our hotel we will offer exchange up to 300 USD per person. ATM machines in Zambia accept Visa and Master Card, yet are often down and can have high exchange fees (4%-7%). Bring some cash. You can also exchange your cash in local banks and exchanges. In Cape Town you can use ATM and credit cards are generally accepted.

## Insurance

Colibri provides basic travel insurance to all participants that starts from September 23<sup>rd</sup> till 5<sup>th</sup>. It covers medical emergency with 500 deductible and up to \$50,000, evacuation up to 500,000. You must have primary US insurance to qualify. If you need trip cancelation insurance, flight disruption insurance you will need to purchase it on your own – Allianz offers such policies.

## Emergency numbers:

**Zambia** Emergency: 999; Police: 991; US Embassy: 0211-357000

**South Africa** Emergency: 107; Police 10177; US Consulate + 27 21 702 7300

## Time zones:

Zambia, South Africa, Botswana are all on Central Africa Time, that is, 2 hours ahead of GMT (6 hours ahead of New York City).

# Health & Hygiene

- Update immunizations.
- If you have gotten a Yellow Fever vaccination, bring your proof with you to *every* boarder crossing (CDC yellow card or booklet).
- **Secure (and take as directed) anti-malarial medication**
- Cape Town currently has a water shortage.
- Plan to drink bottled water in Zambia, Botswana, and South Africa.
- Bring anti-bacterial gel, toilet paper for public toilets, mosquito repellent, and sun block.



# Professional Visits & Gifts

- Bring business cards
- Bring a notebook and pen to visits.
- Bring ten (10) small presentation gifts – given where you see the \* on the itinerary
- Gifts will be combined into an AAIDD (conference style) bag for single presentation to each host *as we leave the hotel that day's visits*
- What are appropriate gifts?



Small items of interest to a professional colleague (branded items are fine), such as flash drives, pens, articles or books, desk items, note cards or art by self-advocate artists, etc.



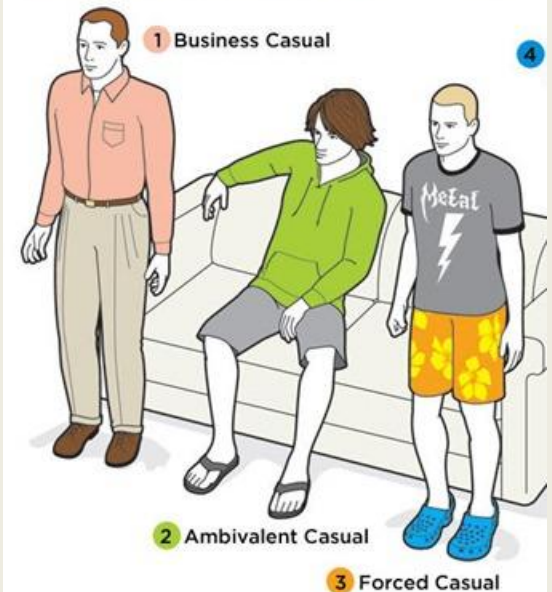
Promotional pamphlets or other advertisements, clothing, liquids, bulky items, etc.

- Gifts are provided as a “thank you” to our hosts for sharing their time and expertise.



## The Taxonomy of Casual

A breakdown of dressing down, dressing up and not looking stupid





# Livingstone

## Waterfront Lodge

### ARRIVING FROM AIRPORT –

- Driver will hold a sign reading **COLIBRI**
- Hotel is about 30 min drive from airport, 10 min drive from center of Livingstone, and 15 min drive from Victoria Falls

### THINGS TO KNOW

- Breakfast provided in the Lodge
- Free public Wi-Fi
- Restaurant
- Lodge is located near the river so be aware of animals that wander there occasionally – hippos and monkeys.



# Zambia Itinerary

## September 23 (Sunday)

6:00 PM Welcome Dinner and orientation –casual dress code.

Meet a local colleague, her name is Mikala Mukongolwa.

## September 24 (Monday)

AM Meeting at NAD/NFU \*

PM Visit Victoria Falls

Evening Group Dinner

## September 25 (Tuesday)

Full day Symposium at Cheshire School\*

Evening Chitenga shopping & group dinner

## September 26 (Wednesday)

Full day Safari in Botswana

Evening Group Dinner

# Zambia Itinerary (cont.)

## September 27 (Thursday)

- AM Visit Shungu Inclusive School\*
- Lunch Olga's (Training program restaurant)
- PM Village Visit – homebased instruction (women wear chitengas)
- Evening Farewell dinner

## September 28 (Friday)

- AM Fly to Cape Town

# Cape Town

## Hollow Boutique Hotel

Address: 88 Queen Victoria St, Gardens, Cape Town, 8001, South Africa

Phone: +27 21 423 1260

- 30 min from the airport
- In an attractive historic center with a view of Table Mountain
- Lots of shops and restaurants
- 15 min shuttle bus ride to V&A – Shuttle bus operates from 10 am-7 pm



### Breakfast, internet, and bottle water included

Please be aware that you will be responsible for any extra services that you use plus mini bar



# South Africa Itinerary

## September 28 (Friday)

AM Travel from Livingstone

PM Free time (suggest visiting the waterfront)

Evening Dinner on own

## September 29 (Saturday)

Full day Tour of Good Hope, Boulders Beach, Lunch in Simons Town, Robbens Island, return via Chapman's Peak Drive

Evening Dinner on own

## September 30 (Sunday)

Half day Chocolate, cheese, wine, & olive oil tour (half day drip)

Evening Dinner at winery

## October 1 (Monday)

Full day Symposium at University of Cape Town\*

Evening Dinner on own

# South Africa Itinerary cont.

## October 2 (Tuesday)

AM Visit Work 4 You/Wags a Lot\*

Lunch at Brownies & Downies (training program restaurant) \*

PM Meeting at the Department of Social Development\*

Evening Dinner on own

## October 3 (Wednesday)

AM Seminar at Western Cape Services\*

PM Visit to Table Mountain

Evening Dinner on own

## October 4 (Thursday)

AM Meeting at Cape Mental Health\*

PM Seminar at Alexander Hospital\*

Evening Farewell Dinner

## October 5 (Friday)

Transport to airport

# Questions?